

WHAT'S UP DOC

February Issue 2023

Programs Serving : Macdonald, Meredith & Aberdeen Add'l, Laird, Tarbutt, Village of Hilton Beach, Township of Hilton, Jocelyn, St. Joseph, Johnson, Plummer Add'l, Town of Bruce Mines, Town of Thessalon & part of Huron Shores.

Serving Seniors 65+
& Persons with a
Disability

Programs:

Adult Day Out
Transportation
Meals on Wheels
Diner's Club
Exercise
Friendly Visiting
Home Maintenance



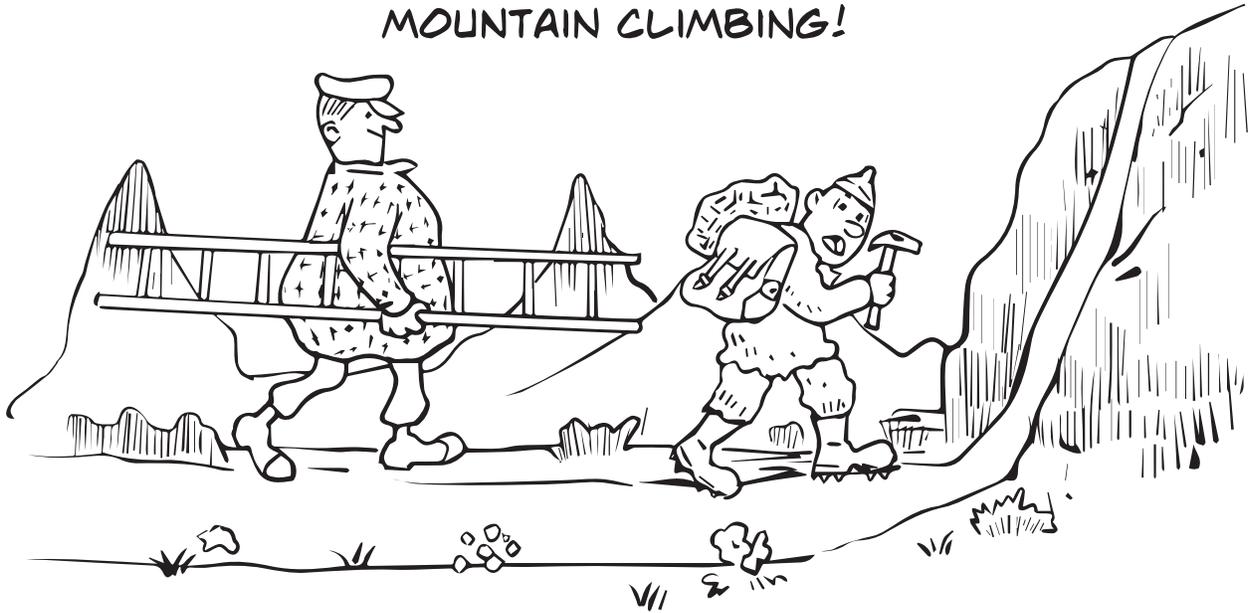
Ontario 

OCSA **30**
Ontario Community
Support Association 1992-2022

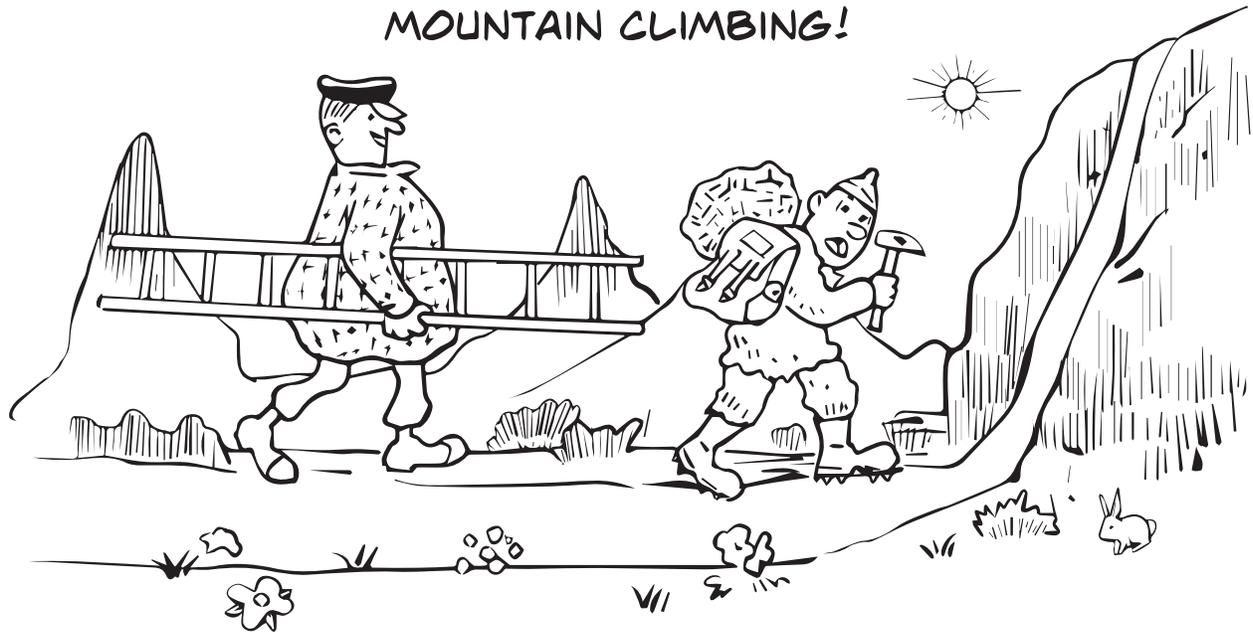
Trefry Centre 705-246-0036
manager@trefrycentre.ca

Spot the Difference 10 to find!

MOUNTAIN CLIMBING!



MOUNTAIN CLIMBING!



Diner's Club

Tuesday February 28th

RC Legion Richards Landing

\$15 per person

Doors open 11am

**NEW* Tickets must be purchased in advance*

Tickets for sale Feb 13-17th at centre or online at trefrycentre.ca

Penne Bolognese with mixed greens, roll, apple crisp and beverage.



Diner's Club
Dates 2023:

April 25

June 27

Aug 29

Oct 31

Dec 5

Manager Moment

Sanity Saving Tips from Caregivers to Caregivers

(Good Housekeeping Dec 2022)

Taking care of a loved one can be rewarding but it can take an emotional toll. Barbara Rubel an expert on compassion fatigue came up with this **FABULOUS** acronym to help caregivers.

Flexible: you will adapt constantly to changing situations, focus on your strengths to build resilience

Attitude: approach your role with a sense of gratitude, you get to spend time with your loved one

Boundaries: respect your limits to preserve your own well-being

Understanding job satisfaction: there is a positive meaning to what you are doing, keep in touch with that positivity and you will feel better in tough situations

Laughter: find the humor, especially in dark times. Humor will save you and help you continue to help your loved one.

Optimism: your caregiving is making a difference in your loved one's life, and that is a positive.

United: stay connected to those you love and your community. These people will nourish you when you feel defeated. (Say yes to help)

Self-Compassion: be kind to yourself, take time to do things you enjoy. Get respite care and leave the house for a walk, movie, or an extracurricular activity you enjoy.

If you are struggling and need a listening ear, please refer to these resources to help.

CAREGIVER HELPLINE 1-833-416-2273

LIVE CHAT ontariocaregiver.ca



www.CaregiverAlzheimerStory.com

visit this website for more information and support on caregiving

Local Alzheimer Society Caregiver Support Group

Bruce Mines United Church 18 Williams Street

Wed Feb 1st & Wed Mar 1st -1:30-3pm

To register or for more info call 705-942-2195

info@alzheimergoma.org

Unscramble - Inspiring Adjectives

Unscramble the words: answers on next page 😊

1) **DINK**

Starts with K..._____

2) **NETGLE**

Starts with G..._____

3) **UONERGES**

Starts with G..._____

4) **ACLM**

Starts with C..._____

5) **RBAEV**

Starts with B..._____

6) **ONNFICEDT**

Starts with C..._____

7) **UFN**

Starts with F..._____

8) **CONITREDASE**

Starts with C..._____

9) **LEAIRBLE**

Starts with R..._____

10) **OIGVNIGFR**

Starts with F..._____

11) **DLIENRFY**

Starts with F..._____

12) **NQIUUE**

Starts with U..._____

13) **EONSH T**

Starts with H..._____

14) **LEFPHUL**

Starts with H..._____

15) **OVGINL**

Starts with L..._____

**Even in the chaos
of everyday life,
moments of
gratitude remind
us to hold on to
the good things.**

BRIT MORIN

ANSWERS

1 Kind	9 Reliable
2 Gentle	10 Forgiving
3 Generous	11 Friendly
4 Calm	12 Unique
5 Brave	13 Honest
6 Confident	14 Helpful
7 Fun	15 Loving
8 Considerate	

A tribute to all the grandmas and grandpas who've been fearless in learning to use the computer:

The computer swallowed Grandma,
Yes, honestly it's true!
She pressed "control" and "enter"
And disappeared from view.
It devoured her completely,
The thought just makes me squirm.
She must've caught a virus
Or been eaten by a worm.
I've searched the recycle bin
And files of every kind;
I've even used the internet,
But nothing did I find.
I then asked Mr. Google
My searches to refine.
The reply from him was negative,
Not a thing was found online.
So if inside your "inbox"
My Grandma you should see,
Please "copy", "scan", and "paste" her and send her back to me.



Submitted by Josephine King

Using the Note App on iPad or iPhone

Use the Notes app  to jot down quick thoughts or organize detailed information with checklists, images, web links, scanned documents, handwritten notes, and sketches.

Create and format a new note

1. Tap , then enter your text.
The first line of the note becomes the note's title.

2. To change the formatting, tap **Aa**.
You can apply a heading style, bold or italic font, a bulleted or numbered list, and more.

3. To save the note, tap Done.

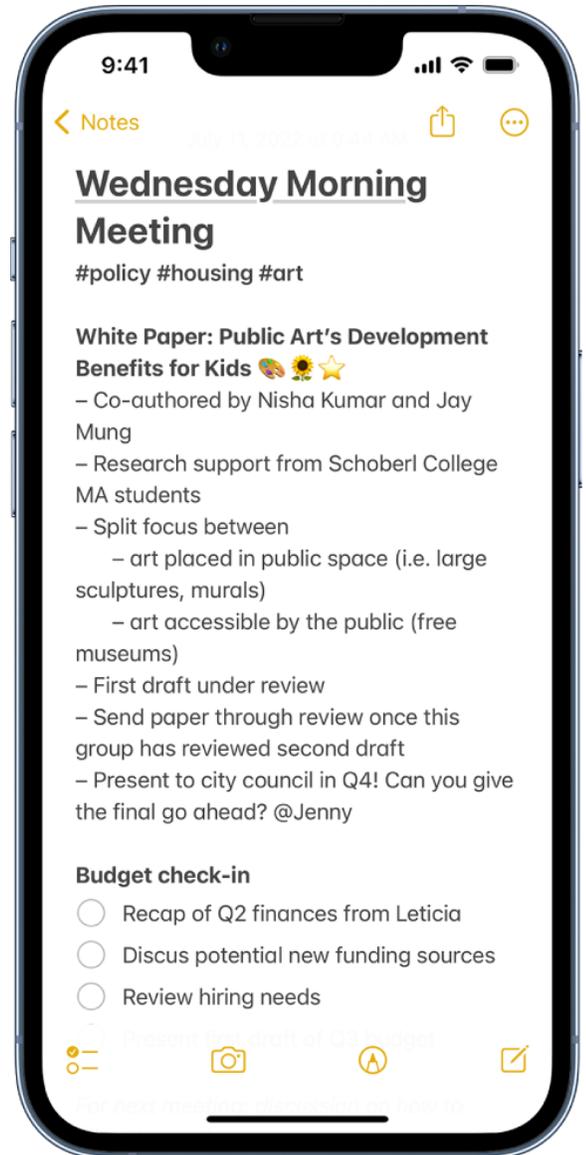
Tip: To choose a default style for the first line in all new notes, go to Settings  > Notes > New Notes Start With.

Add a checklist

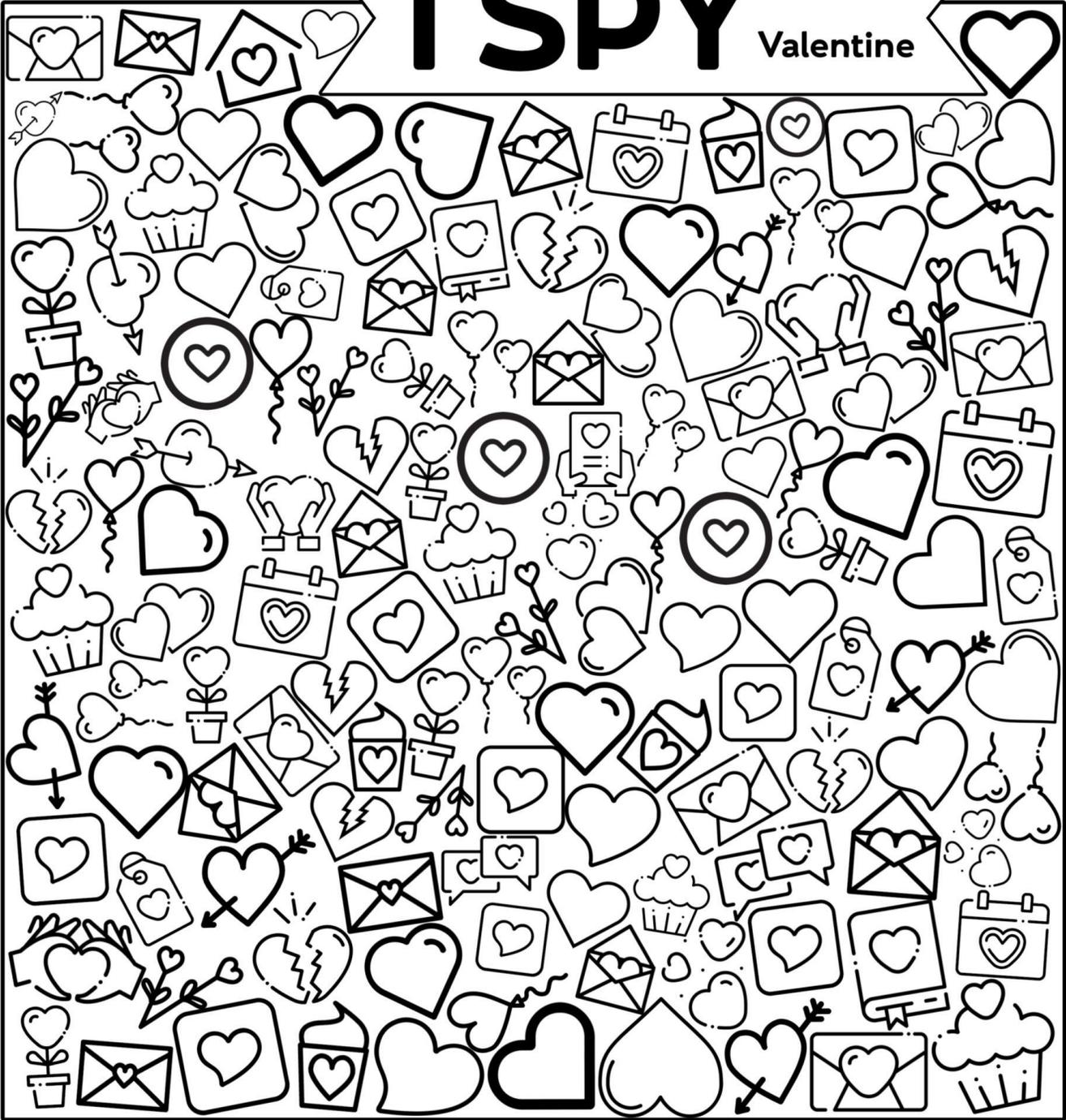
In a note, tap , then do any of the following:

- *Add items to the list:* Enter text, then tap return to enter the next item.
- *Increase or decrease the indentation:* Swipe right or left on the item.
- *Mark an item as completed:* Tap the empty circle next to the item to add a checkmark.
- *Reorder an item:* Touch and hold the empty circle or checkmark next to the item, then drag the item to a new position in the list.
- *Manage items in the list:* Tap the list to see the menu, tap , tap Checklist, then tap Check All, Uncheck All, Delete Checked, or Move Checked to Bottom.

To automatically sort checked items to the bottom in all your notes, go to Settings  > Notes > Sort Checked Items, then tap Automatically.



I SPY Valentine



- | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| 2 | 4 | 4 | 2 | 4 | 5 | 7 | 4 | 6 | 5 |
| 1 | 6 | 7 | 1 | 3 | 6 | 7 | 4 | 7 | 4 |
| 3 | 2 | 4 | 6 | 2 | 7 | 3 | 9 | 6 | 3 |

Valentine's Day Dinner for Two

"A buttery garlic sauce zips up a bowlful of linguine, bay scallops, and veggies. Celebrate something special with this dish that's perfectly sized for two."



Ingredients

- 2 ounces uncooked linguine
- 1 tablespoon cornstarch
- 1 cup chicken broth
- 2 tablespoons white wine or additional chicken broth
- 1-1/2 teaspoons butter
- 1 garlic clove, minced
- 3/4 cup sliced fresh mushrooms
- 2 green onions, sliced
- 1/4 cup grated carrot
- 1/2 pound bay scallops
- 1-1/2 teaspoons minced fresh parsley
- Lemon wedges, optional

Directions

- 1. Cook linguine according to package directions; drain. Meanwhile, in a small bowl, mix cornstarch, broth and wine until smooth. In a nonstick skillet, heat butter over medium heat. Add garlic; cook and stir 1 minute. Add mushrooms, green onions and carrot; stir-fry 2-3 minutes or until vegetables are crisp-tender.
- 2. Stir cornstarch mixture and add to pan. Bring to a boil; cook and stir 1-2 minutes or until sauce is thickened. Reduce heat. Add scallops and parsley; cook until scallops are firm and opaque. Serve with linguine and, if desired, lemon wedges.

**DOCTOR HS TREFRY MEMORIAL
CENTRE**

Notice

Diner's Club

Tuesday February 28th at the Legion Hall.

MENU: Penne bolognese, mixed greens, roll, & apple crisp

\$15 tickets must be purchased in advance at centre, e-transfer, or online at trefrycentre.ca between Feb 13-17th

2023 Diner's Dates:

April 25th, June 27th, Aug 29th, Oct 31st, Dec 5th

Exercise classes In-person & Zoom

Reminder that we are offering exercise classes every Wed via Zoom, if you want to join us, but don't want to shovel and warm up the car! Just give us a call and we'll email you the link. Tech support is available to get you started.

Family Music Friday

We'll be hosting a live music event with a beverage and snack at the Trefry Centre every other month for 2023, starting on

St. Patty's Day! \$5 per person 1:30-3pm

March 17th, May 12th, July 21st, Sept 15th, Nov 17th

Toonie Tuesday/ Coffee Connections/ Internet Cafe

Join us every Tuesday 9:30-10:30am.

Our volunteer, Carole, is here to help with your iPad or cell phone if you have any questions or could use a one on one lesson to learn something new. Trefry Centre iPads and internet access also available for anyone to use.



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Find everything imaginable at [Crayola.com](https://www.crayola.com)

FEBRUARY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	Carpet Bowling at Legion 1-3pm each Monday \$2	Bruce Station Adult Day Out every Tues. 9:30am -3pm	Echo Bay Adult Day Out every Wed. 9:30am -3pm	Richards Landing Adult Day Out every Thurs. 9:30am -3pm	Hen's & Stitches 10-12 Gordon Lake Hall Games Night 7:30pm	Laird Winter Carnival Bar River Rink 1-5pm
5	6 Exercise 10am Bruce Station Social Breakfast St George's Anglican Church EB 9:30am with guest speaker	7 \$2 Coffee Connections & Internet Cafe 9:30am	8 Exercise 10am Centre & on Zoom	9 Exercise 10am Bruce Station	10 Hen's & Stitches 10-12	11
12	13 Exercise 10am Bruce Station	14 \$2 Coffee Connections & Internet Cafe 9:30am	15 Exercise 10am Centre & on Zoom Valentine's Lunch Echo Bay Hall 11-2pm	16	17 Hen's & Stitches 10-12	18 CASS 50th Hockey Tourny
19 CASS 50th Hockey Tourny	20 Family Day Office Closed Meals delivered as usual.	21 \$2 Coffee Connections & Internet Cafe 9:30am \$2 Coffee	22 Exercise 10am Centre & on Zoom	23 Exercise 10am Bruce Station	24 Hen's & Stitches 10-12	25 AlgomaTrad Trivia Night on Zoom
26 EB Winter Carnival Sportsplex 12-3pm SJI Lions Pancake Breakfast 10-1pm HB Hall	27 Exercise 10am Bruce Station	28 Connections & Internet Cafe 9:30am Diner's Club Legion Hall 11:30am				

Trefry Centre Program Info



Meals on Wheels

Meal, soup, dessert or any combination available delivered HOT to your door!

Monday-Wednesday-Friday at NOON



Exercise Classes In-Person

10am Mon & Thurs with Anne at Bruce Station Hall

10am Wed with Margo at Trefry

Wed classes are also on Zoom.



Hen's & Stitches

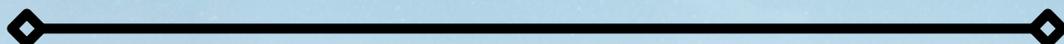
Bring your knitting, crochet or needle point and work on it in a social setting.

Friday's 10am-12pm

Bridge

Join our bridge players here at the Trefry Centre, Beginners welcome.

Tuesday's 1-4pm



Visit our Internet Cafe **Tuesday's at 9:30**
Bring your iPad for a senior friendly lesson or use one of ours to connect.

New Horizons Seniors Grant

Toonie Tuesday Coffee Connections

Every Tuesday 9:30-10:30am @ Trefry Centre

Meet up with friends for a social hour with coffee & muffin for \$2



Adult Day Out



A fun filled day of activities to sharpen the mind and enliven the spirit! Providing respite for caregivers.

Tues-Bruce Station, Wed- Echo Bay, Thurs-Trefry Centre